



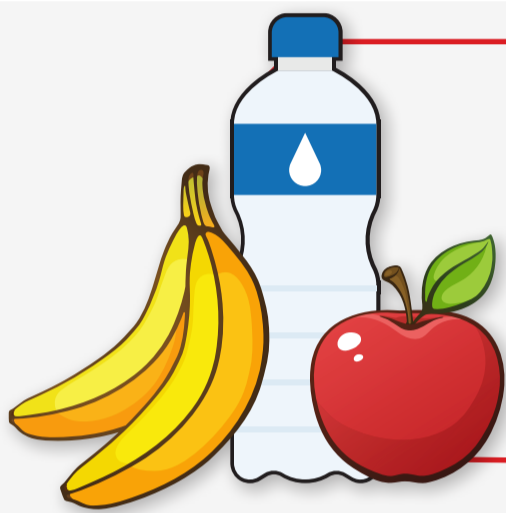
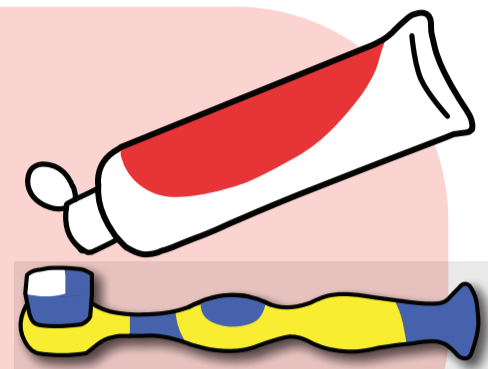
# 5 steps TO GOOD ORAL CARE

# 1

## Brush your teeth twice a day

Use a soft toothbrush, fluoride toothpaste and brush once in the morning and once at night.

Don't swallow the toothpaste – spit it out in the basin!



# 2

## Limit sugary snacks & drinks

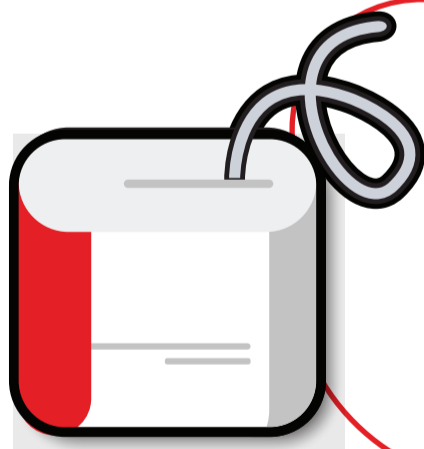
Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth.

# 3

## Visit your dentist

Visit your dental professional regularly to help keep your teeth and gums healthy.

Mum, Dad or Carer: Start dental visits early & build enthusiasm.



# 4

## Floss

As soon as you've got 2 teeth that touch, you (along with your Mum, Dad or Carer:) should floss to remove the plaque.

Hold the floss between your fingers, and gently rub the floss between your teeth.

# 5

## Change your toothbrush every 3 months

If the bristles on your toothbrush are looking worn, they won't remove as much plaque so it's time for a new one!

Ask your Mum, Dad or Carer for a new toothbrush every 3 months.



Go to [www.colgatebsbf.com.au](http://www.colgatebsbf.com.au) for more information